

Learn MMA In Melbourne



In 2015 Mixed Martial Arts (MMA) has been regarded as the world's fastest growing sport. The most well-known MMA promotion, the Ultimate Fighting Championship (UFC), sees athletes from all over the world, with backgrounds including Olympic participation and Martial Art World Title holders, come together to fight in an octagon shaped cage. These fighters have often spent the majority of their lives mastering a range of different techniques from a variety of combat sports, such as Jiu Jitsu, Muay Thai, and Boxing. It is not uncommon for competitors to have attained multiple black belts in their effort to become undefeatable champions.

This year has been an exciting time for Melbourne MMA enthusiasts. This is because of the recent legalisation of cage competitions. Prior to this legislative advancement it was rare to see big MMA events hosted in Melbourne due to the safety issues involved in holding such events in a ring (where competitors are much more likely to accidentally fall through and injure themselves or others). Other safety precautions include UFC's concussion policy which states that fighters who have been diagnosed with a concussion are not allowed to compete in the next 60 days.



In 2001 UFC introduced new regulations and started matching athletes with opponents within their weight class. Currently there are many rules and guidelines that competitors are required to follow when competing in MMA. The longest standing rules include no biting, eye gouging, or groin strikes. More recently these rules have been updated to include 30 different types of fouls, for example, all UFC athletes must wear fingerless gloves, they are not allowed to headbutt, strike at the back of the head or neck, elbow to the head or face in a downward motion, and kicking or kneeing a fighter to the face while they are on the ground is also not permitted. With timed rounds, referees, judges, and a predetermined maximum number of rounds, MMA's largest promotion UFC has come a long way in terms of athlete protection and competition fairness.

When competing in [Melbourne MMA](#) matches judges are responsible for scoring all athletes and the winner will be decided via use of the 10 point must system. This means that the competitor that wins the match needs to score 10 points and their opponent would score under 10 points. If the results are 10 to nine, then the winner had a minor advantage over the other competitor. If the score is 10 to eight then the winner demonstrated a comfortable win, and or knocked down the opponent during the bout.